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JAMAICAN CANADIAN ASSOCIATION

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MARCUS MOSIAH GARVEY AND BLACK HISTORY MONTH

Written by Vincent Conville (Past Education Chair)

ruled supreme, and Blacks, like Marcus, were at the *lowest rung* of the political and social ladder of the society.

Garvey was an avid reader. During his early teens, he went to Kingston and worked as a printer, a journalist and a writer. Garvey was very concerned about workers' rights, and tried to mediate on their behalf. His agitation's got him in trouble with his employers. Garvey left Jamaica and worked in Costa Rica and Panama. In Central America, he found the same appalling working conditions for Blacks as he had left in Jamaica.

Garvey resolved to work for the betterment of Black people. On his return to Jamaica, he founded the *Universal Negro Improvement Association (U.N.I.A.)* in July 1914. The year 1914 was a momentous year for Black people and ushered in Marcus Garvey's arrival in Harlem, New York. He immediately started to preach to Black people and orient them to his philosophy. He then

established the first chapter of his *U.N.I.A.* in New York. The creation of the *U.N.I.A.* was to represent the hopes and aspirations of all Black people. The motto of the organization was "**One God, One Aim, One Destiny**". This motto formed a key plank in Garvey's movement.

The *U.N.I.A.* became the focal point for Black protest. Garvey had several dreams. He envisaged the time when Blacks would sever their dependence on Whites. He advocated Black independence. Black people must "**develop self control, control of the wealth of Africa, control of their own nations and control of their own defense**." He advocated policies, which annoyed the White leaders and the Black intellectuals such as W.E. Du Bois. He asked Blacks around the world these questions: "**Black man, where are your banks? Where are your universities? Where are your armies?**", in an effort to mobilize them to action.

QUARTERLY MEETING

Sunday
February 25th, 2001
2:00 p.m.

Jamaican Canadian Centre
995 Arrow Road
For further information call
JCA at (416) 746-5772

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EDITORIAL

GET INTO THE SPIRIT OF BLACK HISTORY MONTH

February Black History, shortest, coldest and oh yes, Valentines month of the year. . It is time for lovers (and secret admirers) to send flowers, chocolates (ladies remember your hips!) and millions of dollars worth of greeting cards.

There are those who question whether there is any need for a month dedicated to "Black History"? There are pros and cons to this question. Whatever your thoughts on this subject, once again it is time for schools, libraries, community organizations, and many others to pay homage to the importance of black people to the planet. Black history should not only receive front-page status during February. Black History should become part and parcel of every day existence in all schools, libraries and every place of learning. Not only for black people, but also for all people from every nook and cranny of the planet.

People need to be reminded and for

those who don't know, made aware that many of the daily amenities that we all take for granted, were discovered by people of colour most often called "Blacks". Children should grow up recognizing that people of all colours were inventors and therefore, irrespective of their colour, they too can aspire to become great. Great people like inventors, rocket scientists, doctors, lawyers, horticulturalists, Prime ministers and ambassadors to name a few.

Students from a pre-school to University should be taught about the important contributions of people like Marcus Garvey, Mahatma Ghandi, Martin Luther King Jr. They should be made aware that black persons invented the stoplight, blood transfusions and many other things used day to day by all people on the planet.


Let us purpose this Black History month to not discourage a beginner from trying something risky and to encourage them to be optimistic. Be reminded that nothing ventured means nothing gained. The can-do spirit is the fuel that makes things go. Don't abandon your old-fashioned principles, they never go out of style. When courage is needed, ask yourself, "If not me, who? If not now, when? This year, let us purpose in ourselves, to make Black History count!



THE JAMAICAN CANADIAN ASSOCIATION

38

YEARS OF SERVICE and COMMITMENT



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THE OFFICIAL PUBLICATION OF THE JAMAICAN CANADIAN ASSOCIATION

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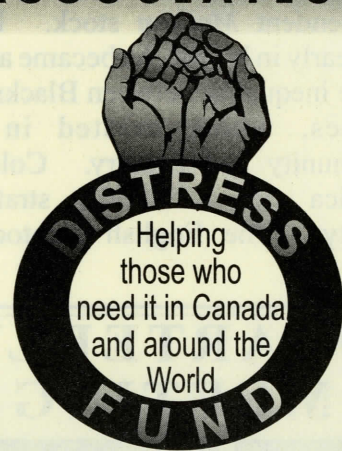
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PRESIDENT'S REPORT

By Valarie Steele

HAPPY NEW YEAR! It gives me great pleasure to wish you and your family all the very best for the new millennium.

As you know, Herman Stewart, our President, has been on holidays since mid December 2000 (to early February 2001) and I have been pinch-hitting for him since then. He is gone for a well-deserved break and we hope he is having a wonderful time and is fully energized when he returns.

In this quarter, we have had a successful New Year's eve gala and everyone in attendance had a good time. A big thank you to all those who supported us as we continue to lengthen our string of successes. By the time you receive this newsletter our MERRITONE "Beat-The Winter-Blahs Benefit Dance" would have already taken place. That too will be a success and once again we thank you very much for your support.

February is Black History Month and we are inviting you to come and

celebrate with us. On Sunday, February 11, 2001, under the distinguished patronage of the Hon. Lincoln Alexander and Mrs. Beverley Mascoll, our second fundraising celebrity Boonoonoonos Brunch and Brawta will be held at the Centre. We are asking for your support and we feel confident that again, this will be a resounding success. Thank you very much.

We are almost finished converting the Members' Lounge to a social club. As was evident on January 6, 2001, our very own Mr. David Sinclair and other Capricorns celebrated their birthday in the lounge. There was lots of food and excellent birthday cakes. We had a good time and it was great to see Mr. Sinclair almost speechless once the reality and magnitude of what his daughters had planned unfolded before his eyes. As was evident in the Share newspaper photograph, they were a good-looking bunch. This is to be a monthly event coordinated by each zodiac sign's celebrant and Aquarius can now step forward to plan their group birthday bash.

November was an excellent month for the Distress Fund. Our Distress Fund got a boost of \$1,000.00 from Capricorn Hair Design, Oakville, Ontario. Proprietor, Jamaican-born, Geneva Blair, with fellow co-sponsors, Carmen McKnight, Clarinda Santiago and Beverley Powell, held a benefit dance on November 11, 2000. Winston Blake 'MERRITONE' played at this event and a good time was had by all.

NOTICE

The Nominating/Selection Committee is seeking candidates for the following positions on the Jamaican Canadian Association's Board:

1. Vice President
2. Treasurer
3. Membership Chair
4. Building Chair
5. Public Relations Officer

Elections will take place at the Annual General Meeting in May 2001.

For further information please contact
Vincent Conville, Nominating Committee Chair
Phone Number 416-746-5772

THANK YOU ladies, this is a big boost to our fund and we hope you will make this an annual event. The needs are there in our community and your help is greatly appreciated.

We got another big cheque from our Caribbean Canadian Seniors Club. Our seniors donated \$500.00 to the distress fund. Seniors, we thank you very, very much and wish you great health and longevity as you walk with us on our successful journey.


On April 7, 2001 we will be having our second Distress Fund dance at the Centre and ask for your support.

JCA VOLUNTEERS: As the New Year begins it is only fitting to say THANK YOU very much for your continued dedication and loyalty to us. JCA Centre could not have been as successful as it continues to be, without your commitment. Our chains are very strong, let us keep it that way, our success depends on it. Let us continue to walk the million miles together, our aim is to pay off the debt for this centre.

Looking forward to seeing you at our quarterly meeting on Sunday, February 25, 2001.

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Sessions are held monthly

SESSIONS ARE PLANNED FOR THE FOLLOWING DATES

February (TBA)

Tuesday, March 20th

Wednesday, April 25th

Thursday, May 24th

Tuesday, June 26th

CALL 416-633-6224 EXT. 112 FOR INFO.

MARCUS MOSIAH AND BLACK HISTORY MONTH GARVEY Continued

Garvey rightly believed that as long as Black people decided to wait on Whites for economic, political, educational upliftment, they would forever remain at the bottom of the human pile. Garvey said, "Up you might race! You can accomplish what you will." He taught them that "Black is beautiful," which became a mantra for the freedom movement in the states during the sixties and seventies. Garveyism is as relevant to Black people today as it was in the early twentieth century. Which Black person could or would deny this admonition?

Garvey taught that "Being subservient to the will and caprice of progressive races will not prove anything superior in us. Being satisfied to drink the dregs from the cup of human progress will not demonstrate our fitness as a people to exist alongside others, but when, of our own initiative, we strike out to build industries, governments and ultimately empires, then and only then will we as a race prove to our Creator and to man in general that we are fit to survive and capable of shaping our own destiny."

The U.N.I.A Halls became the Black Cultural Centres in over forty countries. It was in these halls that

Marcus Garvey's philosophies were mainly expounded. "Africa for the Africans" he would preach. His doctrine spread all around the globe. At the Fifth Pan African Congress, which was held in Manchester, England in 1945, the main philosophical debates at the conference, centred on the philosophies of Marcus Garvey. Some of the luminaries at this congress included Kwame Nkrumah, W.E.Du Bois, Nnambi Azikiwe of Nigeria and Jomo Kenyatta of Kenya. The men were all influenced by the U.N.I.A and took back to Africa the theme of "Africa for the Africans." They all subsequently became leaders of their respective countries, having wrestled away their countries from European colonial masters. It is unfortunate that these leaders did not develop the self-reliance preached by Garvey.

Garvey's doctrine of Black self-reliance manifested itself in his business ventures such as the establishment of the *Black Star Liner*. The aim of this shipping company was to establish trade with all Africans of the Diaspora and Africa. Although his business ventures failed, the precedence was set that Blacks need not be afraid to develop their own economic structures. It is estimated that in its heyday, the U.N.I.A had a membership of between two and four million worldwide. The U.N.I.A's official newspaper, the *Negro World*, had worldwide readership in excess of five million.

In this very brief synopsis of Garvey and his dreams, it would be of interest to quote from *An American Dilemma: The Negro Problem and Modern Democracy*. (p746), the work of Swedish sociologist Gunnar Myrdal; "The U.N.I.A was organized by a remarkable West Indian fool-blooded Negro. Garvey was a prophet and a visionary." Eric Sommers in his work, *Garvey: The Forgotten Giant of Black Liberation*, (1996), in commenting on the impact of Garvey and the Black liberation movement stated, "that the all-sided totality of the movement in successfully integrating political, economic, racial, and psychological concern of Black people has never been equaled by any other organization before or since."

As a people, we need to press forward, not forgetting the history of over 400 years ago, but rather, using it as the wind beneath our wings to propel us to achieve the dreams, visions and prophecies of the late Marcus Mosiah Garvey. "Up you might race! You can accomplish what you will."

Websites to check out

Submitted by C. Cameron-Stewart

www.infospace.co
for road maps/directions

www.chineseroots.com
check your Chinese roots back
1000 years

www.aspiring-community.com
weekly motivational newsletter

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WOMEN IN POWER *And Decision Making Role*

PART 1 OF 11

This is the first of a number of articles on Women in Power and Decision-Making Roles that will be submitted by the JCA Women's Committee in this section of In-Focus.

Senator Syringa A. Marshall-Burnett, CD, RN, RM, PHN, BScN, MAN

Source: Reflections - Imagining the worlds we wish for by Hermi H. Hewitt

In an extraordinary tenure in the Jamaican parliament, Senate President Syringa A. Marshall-Burnett takes her nation to new levels in health, housing and nursing.

Kingston, Jamaica - Television cameras for the popular news show "Profile" on Jamaica

Broadcasting Corporation Television roll on government and health leader Mrs. Syringa Marshall-Burnett in the early 1990s.

With each question the host asks comes one of Mrs. Marshall-Burnett's artful stories about someone other than herself: Mary Seacole, a pioneer Jamaican nurse; Louise Bennett, a folk artist; her mother, who traveled to England, Cuba and Canada to explore larger worlds than her own.

Mrs. Marshall-Burnett turns attention on rural nurses who need to take part in continuing education studies at urban schools. Being current is imperative, but no temporary housing exists for them. As a result, rural nurses, vital to public health, forfeit their dreams for the caliber of care

they wish to give. The host ends the show and quips that this leader has yet to speak of herself, the entire point of the show.

Soon afterward, an adroit Mrs. Marshall-Burnett, president of the Jamaican Nurses Association and chair of the Department of Advanced Nursing Education at the University of the West Indies, Mona, successfully negotiates with the National Housing Trust to obtain low interest loans to erect a hostel for nurses.

On still another TV talk show, "Morning Time", Mrs. Marshall-Burnett tells of an annual nursing research conference. Viewers learn as much about the enormous workloads of nurses in comparison to physicians as they do about research and practices that lead to better care. Can citizens settle for such short shifts?

In a brilliant gusto of work and words, she directs viewers to the greater good. We can improve conditions for women, elderly, children and health for all citizens. Let me count the ways, she considers, with warmth as effusive as the sun-drenched beaches of her homeland.

It is no wonder that the indefatigable Mrs. Marshall-Burnett now grasps the anvil of Parliament and hammers out the concerns of the country as president of the Senate of Jamaica, the first nurse to hold the office. She was first elected to the post in 1995 and was re-elected in 1998. She has been a member of the Joint Select Committee of Parliament that reviews reports from the reform committees and makes decisions on sweeping changes.

Jamaica, a parliamentary democracy and an independent country, is part of the British Commonwealth. Its Prime Minister and House of Representatives are elected by the people. After general elections, senators are chosen by the new Prime Minister and Leader of the Opposition party. Prime Minister P.J. Patterson - celebrating his third victory - appointed Mrs. Marshall-Burnett again with good reason.

As Senate President, she had already presided over the debate and passage of the Mental Health Act of 1995, replacing the Mental Hospital Act of 1873, archaic by every measure. The old act made provisions for custodial care of the mentally ill and gave police and psychiatrists the power to issue arrest warrants for "lunatic" persons.

The new act blows individual rights and protection to the fore, and primary health care comes of age. It defines the role of the community mental health nurse who cares for mentally ill persons. Nurses hold legal rights to assess, treat, refer and admit mentally ill patients to hospitals. A nurse may conduct family counseling, initiate drug therapy, discharge patients from hospitals and provide follow-up care. With few psychiatrists on the island and none over most of the countryside, nursing's fruits of labor come after decades of unfulfilled wishes.

In 1996, the Ministry of Health asked Mrs. Marshall-Burnett to develop an academic program to introduce mental health nurse practitioners into the health care system. As chair of the university's advanced practice nursing program, she ran with the opportunity. As soon as the curriculum was developed and presented to the Ministry. Mrs. Marshall-Burnett began a program that achieved its first mental health nurse practitioner graduation in 1998.

Mrs. Marshall-Burnett subscribes to

Continued on Page 12

It's All About GIVING

When Geneva Blair, owner of Capricorn Hair Design in Oakville opened her business to customers in 1989, little did she know she would get so personally involved in community activities. After all, most people open businesses to make a profit!

After many years of committed service to her ever-faithful clients, and with the constant requests from the clients to have an evening of fine dancing and dinner Geneva finally succumbed to the requests and decided to donate all proceeds to a deserving community project.

Geneva who hails from St. Elizabeth in Jamaica, along with her sister Carmen McKnight, and very good friends Beverly Powell from Kingston, Jamaica and Clarinda

Santiago from Trinidad and Tobago put their heads, hearts and hands together and decided to put their money where their mouth was.

On Saturday, November 18, 2000 at the classy "Galaxy Club" in Oakville, Ontario Canada, the four women hosted a dinner and dance under the auspices of Capricorn Hair Design. They were overwhelmed by the support and could not help but bask in the tremendous success the evening turned out to be. With ladies in all their fineries and very well tailored men, one could not have asked for anything more

When *In Focus* asked Geneva what was the driving force behind her really planning such an event, her response was "It was really a way to give back to the community as well as to have lots of fun." They chose the Jamaican Canadian Association's "Distress Fund" as the community organization to receive the donation. The recipients of the *Distress Fund* could not be happier for the thoughtfulness of these women and encourages them to "have more fun"!

When all was done the team was able to donate \$1000.00 to the Jamaican Canadian Association's

Distress Fund. Why did they choose the JCA's *Distress Fund*? Well, they believe that the JCA for years has helped so many needy people from all over the world. Since its inception, the *Distress Fund* has given funds to the Canadian Red Cross to support Mozambique when floods devastated it. It has also helped to cover funeral expenses in order to give decent burials to needy families or people for whom families could not be found, and many other urgent distressing needs.

Geneva wants all *In Focus* readers to know that this will become an annual event with all proceeds going to the *Distress Fund*. Plans are already in place for the second event. More information will be published in *In Focus* as well as other media.

On behalf of the members of the Jamaican Canadian Association, *In Focus* wants to say a "BIG" Thank-You to Geneva and her crew for their thoughtfulness and their financial support.

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I HAVE A DREAM

By Dr. Martin L. King Jr.

[Delivered on the steps at the Lincoln Memorial in Washington D.C. on August 28, 1963]

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves, who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity. But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination.

One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languished in the corners of American society and finds himself an exile in his own land. So we've come here today to dramatize a shameful condition.

In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be guaranteed the inalienable rights of life, liberty and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are

concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked "insufficient funds."

But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check, a check that will give us upon demand the riches of freedom and the security of justice.

We have also come to this hallowed spot to remind America of the fierce urgency of Now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual.

There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must ever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force.

The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny. They have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone.

And as we walk, we must make the pledge that we shall always march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?" We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality. We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be

satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities. We cannot be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote. No, no, we are not satisfied and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecutions and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive. Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair. I say to you today, my friends, so even though we face the difficulties of today and tomorrow. I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed; we hold these truths to be self-evident that all men are created equal.

I have a dream, that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream, that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream, that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today! I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right down in Alabama little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers. I have a dream today!

I have a dream that one day every valley shall be exalted, and every hill and mountain shall be made low, the rough places will be made plain and the crooked places will be made straight and the glory of the Lord shall be revealed and all flesh shall see it together.

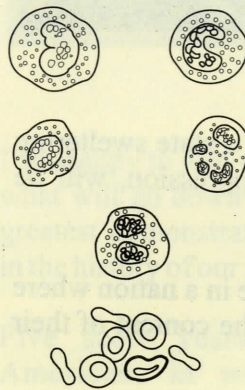
This is our hope. This is the faith that I will go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day. This will be the day, this will be the day when all of God's children will be able to sing with new meaning "My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the Pilgrim's pride, from every mountainside, let freedom ring!" And if America is to be a great nation, this must become true.

And so let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania. Let freedom ring from the snow-capped Rockies of Colorado. Let freedom ring from the curvaceous slopes of California. But not only that.

Let freedom ring from Stone Mountain of Georgia. Let freedom ring from Lookout Mountain of Tennessee. Let freedom ring from every hill and molehill of Mississippi, from every mountainside, let freedom ring!

And when this happens, when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last, free at last. Thank God Almighty, we are free at last."

YOU & YOUR HEALTH



DEEP VENOUS THROMBOSIS (DVT) (BLOOD CLOTS)

So, with winter almost over one can be assured that travel plans are on many minds. Most people take the time to be meticulous when making these plans. Here is something for all travelers to consider prior to making plans for your next trip.

What is Deep Venous Thrombosis (DVT)? It is the formation of a thrombus (blood clot) within a deep vein, generally in the thigh or calf. The clot can partially or completely block the flow of blood in the vein.

Studies have found that taking long trips increase the risks of deep venous thrombosis (DVT) or in lay-man's terms, blood clots in the veins. This condition can occur whether the journey is by plane, bus, car or train. However, it seems the greatest risk did occur in trips taken in cars. For sometime, long journeys have been suspect for increasing the risk of DVT, due to travelers remaining immobile for so many hours and the fact that immobility reduces muscle activity and blood flow through the veins where clots occur.

It can also happen during pregnancy, as there is an increased tendency for the blood to form clots naturally in order to prevent excessive bleeding during childbirth.

Who can get DVT? DVT is more common in the elderly, but with all rules having exceptions, healthy people can also develop the condition.

The prime risk groups for DVT are people with varicose veins, coronary heart disease, cancer, past history of clots, dehydration (sometimes caused by alcohol consumption on planes) and those who have recently undergone operations or had fractures. There is also a risk factor for women on birth control pills.

In October 2000, a 28-year-old British woman returned from Sydney, Australia to London, England (a 12,000-mile/20 hour flight) and collapsed in the arrivals hall minutes after disembarking. She collected her luggage but died on her way to hospital. Tests later showed the woman, who was otherwise healthy, died from DVT.

Are you suffering from DVT? Some of the symptoms of DVT are tenderness and redness in the affected area; pain and swelling in areas drained by the vein where the blood clot is located; fever; rapid heart beat; sudden, unexplained cough; joint pain and soreness.

How do you help to prevent it? Walk around the cabin of the airline every hour. Stimulate circulation with exercises for legs, feet, lower back, arms, shoulder and neck. (Some in-flight magazines have these directions). Try not to fly or sit for too long at least one month after surgery or major fracture. Drink a lot of water and avoid alcohol. Don't cross ankles or legs while sitting. Avoid prolong bedrest, sitting or standing. Keep moving your legs, ankles and toes as much as possible.

What is being done by medicine/science? It has been suggested and studies are underway about taking an aspirin before the flight. Please check with your doctor prior to taking any trip that will last for 12 hours more.

Volunteers are **needed**

at the



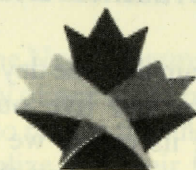
Jamaican Canadian Association (JCA) Centre

to establish a Scout Movement. The Scout Movement will provide stimulating indoor and outdoor programs for young people from 5-26 years. Scouts Canada and members of the Canadian Armed Forces will provide the necessary training and guidance in operating the group. For further information, please contact

BARRY MORRISON

at the JCA,

416-746-5772.



JAMAICAN CANADIAN ASSOCIATION

TOGETHER WE CAN DO IT.

The Black Women

Black queen of beauty, thou hast given color to the world!
Among other women thou art royal and the fairest!
Like the brightest of jewels in the regal diadem,
Shin'st thou, Goddess of Africa, Nature's purest emblem!

Black men worship at thy virginal shrine of truest love,
Because in thine eyes are virtue's steady and holy mark,
As we see in no other, clothed in silk or fine linen,
From ancient Venus, the Goddess, to mythical Helen.

When Africa stood at the head of the elder nations,
The Gods used to travel from foreign lands to look at thee:
On couch of costly Eastern materials, all perfumed,
Reclined thee, as in thy path flow'rs were strewn-
sweetest that bloomed.

Thy transcendent marvelous beauty made the whole world mad,
Bringing Solomon to tears as he viewed thy comeliness;
Anthony and the elder Ceasars wept at thy royal feet,
Preferring death than to leave thy presence, their foes to meet.

You, in all ages, have attracted the adoring world,
And caused many a bloody banner to be unfurled:
You have sat upon exalted and lofty eminence,
To see a world fight in your ancient African defense.

Today you have been dethroned, through the weakness of your men,
While, in frenzy, those who of yore craved your smiles and your hand-
Those who were all monsters and could not with love approach you-
Have insulted your pride and now attack your good virtue.

Because of disunion you became mother of the world,
Giving tinge of robust color to five continents,
Making a greater world of millions of colored races,
Whose claim to beauty is reflected through our black faces.

From the handsome Indian to European brunette,
There is a claim for that credit of their sunny beauty
That no one can e'er to take from thee, O Queen of all women

Who have borne trials and troubles and racial burden.
Once more we shall, in Africa, fight and conquer for you,
Restoring the pearly crown that proud Queen Sheba did wear:
Yea, it may mean blood, it may mean death; but still we shall fight,

Bearing our banners to Vict'ry, men of Afric's might.
Superior Angels look like you in Heaven above,
For thou art fairest, queen of the seasons, queen of our love:
No condition shall make us ever in life desert thee,
Sweet Goddess of the ever green land and placid blue sea.

-MARCUS GARVEY
February 28, 1927

Report

From North York Seniors Health Centre (NYSHC)

Submitted by Daphne Bailey, JCA Member

On November 8, 2000 the Advisory Committee along with the staff of the NYSHC planned and executed a very successful night, for the seniors. This is the third such event planned by the committee for the benefit of the seniors, their friends and families.

The four major communities represented on the committee are Armenian, Caribbean/Black, Ismaili Muslim and Spanish. Each community was responsible for providing entertainment and food peculiar to their culture.

The entertainment was varied, starting with Dr. David White who played the guitar and sang ballads. My task was to bring greetings from the Caribbean/Black communities, and also to introduce our entertainer Natasha Adams. Natasha certainly wowed us with her beautiful voice. She has been asked to perform in the future. There were dances from the Spanish, Armenian and Ismaili Communities. One of the highlights of the night and a true crowd pleaser, was the Jewish male choir. Our community was fairly well represented. Miss Amy Nelson invited some of the members from the

Caribbean Seniors' Group. They were given a tour of the 4th floor, which has been fully renovated and now accommodates private rooms for clients who so desire. It is really beautiful and provides an atmosphere conducive to the enhancement of one's state of mind. If you have the time, it is worth a visit.

I would like to thank Miss Nelson for her contributions, also Maxine Adams for approaching her niece to be our entertainer for the night. We continue to look for volunteers for the Centre. Please contact D. Bailey (416) 622-0617 or A. Nelson (416) 636-9577.

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EXECUTIVE director's REPORT

By

Elaine Thompson,
Executive Director

Program priorities for 2001

The JCA's social service programs started the New Year with lots of promises and challenges. We continue to meet our community's ongoing need for services such as family counselling, settlement, and support for women and children who have faced abuse. However, as other agencies serving the Black community close or suspend services (e.g., Harambee, Jane Finch Concerned Citizens Organization), we at the JCA have to examine if and how we can step in to meet the gaps.

We have also become involved in partnerships and networks established by the provincial government to deal with children's services, with the result that the quality and accessibility of our work is put to the test. I am proud to say that we at the JCA are meeting the standards, through hard work and commitment by our staff. With the support of the board and membership, we will continue to meet the demands of our community, in fulfillment of the JCA mandate to enhance the participation of Black and Caribbean Canadians in our society.

The following are program priorities for the coming year:

Outreach: The addition of new services such as parenting skills counselling, and a formal program to help ex-offenders, require us to embark on extensive outreach in our community especially in the surrounding Jane Finch

neighbourhood.

Our outreach to churches to reach newcomers to Canada is still on track. We had sessions at Revival Time Tabernacle and at Liberation Church (Ghanaian) in November, where we showed the JCA-produced video called Freshies. In both instances, the responses were overwhelming. Youth and adults were touched by the testimony of youngsters who told of their dreams when emigrating to Canada, and the reality that met them. Even at the Ghanaian church, with much translation between Twi and English, there was a sense of familiarity with the issues. We are still looking for churches to host a showing of Freshies, with a discussion led by settlement counsellors Errol Bonner and Joe Boateng. Please call the JCA office (416-746-5772) if you would like to have your church's youth group or women's group host a showing and discussion of the Freshies video.

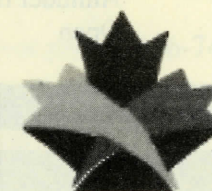
Seniors' Services: Our priority for 2001 is to locate funding for two key purposes: 1) to enhance the recreational program of the Caribbean Canadian Seniors' Club; and 2) to develop seniors' assessment and counselling as part of our regular JCA programming. Many Black and Caribbean seniors are not getting use of the many services that are available to them. This is an area where the JCA is almost obligated, as one of the strongest Black social service agencies, to develop a service role. We are also in the process of developing a booklet on elder abuse in the Caribbean community, for which we received funding from the Canadian Women's Federation.

Partnerships in Services for Abused Women: The JCA is in two partnerships with services for abused women. One involves sharing a support worker with Tropicana and Homeward Shelter in Scarborough, to help abused women find housing,

jobs, education and other services. The other, more involved partnership involves group counselling for children who have seen their mothers being abused, and for the mothers. The service is called MAKETT (Mothers and Kids Exposed to Trauma). The JCA has five other partners in this initiative: Jewish Child and Family Service (lead agency), Catholic Family Services, North York Women's Shelter, COSTI and Flemingdon Neighbourhood Services.

Volunteers: We always have need of volunteers who have time during the day to help with our programs. Currently, our volunteers are mainly community college students and individuals doing community service as part of sentencing. We need volunteers to help with our group sessions, do reception and clerical work, baby-sit for clients and also deliver flyers around the neighbourhood. If you know of high school students who need community hours for graduation, or people who have retired early and are looking for ways to help out, please have them call Audrey Taylor, at 416-746-5772, ext. 247.

On behalf of the staff, I wish everyone a pleasant and prosperous 2001.



JAMAICAN CANADIAN
ASSOCIATION

**TOGETHER
WE CAN
DO IT.**

WOMEN IN POWER And Decision Making Role PART 1 OF 11 Continued

the wider definition of health, becoming involved in issues and practical activities that benefit overall well-being, such as improving living conditions for Jamaicans. To her, housing is an extension of health care and a necessary way to contribute to social justice. She helped formulate a policy and mortgage committee to create a statutory Board of the National Housing Trust. Since its 1976 inception, the trust has provided 57,126 homes with nearly \$14 billion in low-interest loans for residents with low incomes. Five percent of the loans go to people with disabilities. The massive program marks historical redirection and reinvention, each Jamaican hearth a shield against torrential rain and harm.

When possible, older adults are best served when they live amidst family and contribute to the welfare and social development of loved ones, she believes. The roles of community institutions, such as churches, are also

critical. Consequently, a church-based senior citizens home was established in 1989 to help those in the religious community.

Mrs. Marshall-Burnett's national contribution began as far back as clinical practice at the affiliated hospital of her nursing school. She started nursing education in 1953 at the Kingston School of Nursing, formerly Kingston Public Hospital Teaching Department, and was one of the youngest nursing students in her class. She met the qualification requirements for entering nursing school two years prior to the normal age of acceptance.

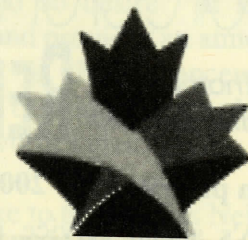
Following a short stint as staff nurse, she realized that secondary nursing care was not how she wanted to contribute to health. She entered hotel nursing, where maintaining the health of employees and travelers remained vital to Jamaican tourism. This was her opportunity for preventive and promotive health in the top industry.

(Editor's Note: This article is being re-published as some portions were not in previous issue)

FOR THE FUN OF IT - SMILE

(Funny how we are all saying the same thing, eh?)

CANADIAN: Excuse me little girl, can I fit in there?	CANADIAN: Casserole
JAMAICAN: Hey, pickney, small up yusef!	JAMAICAN: Putto-putto
TRINI: Smallie, gimme as pass dey	TRINI: Pelau
BAJAN: Scotch rung!	BAJAN: Cou-Cou
CANADAIN: That woman is overweight	CANADIAN: You have a crumb on your face, dear
JAMAICAN: Lawd, look how she fat and spread out like mash bullfrog	JAMAICAN: You look like when fowl come from mango walk
TRINI: Oh jeesan, dah woman realllll fat	TRINI: Yuh have ting on yuh face
BAJAN: You, she is big as shite ya	BAJAN: Uh uuh!!! Wuz dah on you face???
CANADAIN: You are such an attractive woman	CANADIAN: Oh, I see you are entering puberty
JAMAICAN: Gal you look like fresh vegetable	JAMAICAN: How yu face bumpy-bumpy like grater so?
TRINI: Darlin', yuh lookin' real good	TRINI: Yu face real juk up
BAJAN: My friend!	BAJAN: Ya face look like a ripe sour-sop
CANADAIN: You are such an attractive woman	CANADIAN: Hors d'hourves
JAMAICAN: Gal you look like fresh vegetable	JAMAICAN: Ah wah dis yah likkle sinting yu a gi mi?
TRINI: Darlin', yuh lookin' real good	TRINI: Whey de food?
BAJAN: My friend!	BAJAN: Horse Derves
CANADAIN: You are such an attractive woman	CANADIAN: Aeroplane
JAMAICAN: Gal you look like fresh vegetable	JAMAICAN: Silver Bird
TRINI: Darlin', yuh lookin' real good	TRINI: Tri Star
BAJAN: My friend!	BAJAN: Bee wee
CANADAIN: You are such an attractive woman	CANADIAN: He looks upset
JAMAICAN: Gal you look like fresh vegetable	JAMAICAN: Him have screwface
TRINI: Darlin', yuh lookin' real good	TRINI: Dat man real vex
BAJAN: My friend!	BAJAN: He real screwpouch ya



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Membership Report

submitted by
Pauline Reid, Membership Chair

The Membership Committee is looking forward to a new and exciting year. The committee of Winston Brown, Dean Parker, Vivian Allen, Owen Dunbar, Shirley McKoy, Lorna Plummer, Rita McLean, Rose Hodelin, Myrtle Grant, Gwen Spaulding, Raphaelita Walker and Pauline Reid (Chair), would like to wish all members and their families a peaceful and prosperous 2001.

International Year of Volunteers
2001 is International Year of Volunteers.

With the United Nation's declaration of International Year of Volunteers (IYV) 2001 there is just cause for celebration by over 7.5 million Canadian volunteers and 175,000 not-for-profit organizations."

Volunteer Canada Embarks on a year of celebration as International Year of Volunteers 2001 launches around the world."

We invite all our donors, sponsors and friends to come and celebrate the year with us at the Jamaican Canadian Association.

As we at the Jamaican Canadian Association look forward to another year, we should keep in the forefront of our minds that **Volunteers** play a significant role in our organization.

Once again, our Children's Christmas Party was a great success with over 250 children in attendance. I would like to thank all the hardworking volunteers who gave up their Sunday afternoon, some actually foregoing church in order to volunteer their time to ensure that our children had a great time.

We would like to thank the following Businesses and Corporations for their contributions to making the Children's Party such a huge success:

McDonald's, Peak Freans,
Harvey's Restaurant, Fiesta
Farms

A&B Bakery, Savannah
Flavours, Fancy Pride, Pizza
Nova.

Thanks to Itah Sadu the Storyteller. Thanks also Beryl Nugent for her cash donation and to our very own and ever faithful Mr. & Mrs. Claus, Gifford and Raphaelita Walker.

The following are upcoming events. Exact dates and times will be published in both *In Focus* and other JCA Materials

Special International Year of Volunteers Program

Membership Appreciation April/October

JCA Annual Outing/Picnic July

Membership Drive September

Annual Seniors Dinner September

Children's Christmas Party December

The old believes everything, the middle-aged suspect everything, the young know everything. Oscar Wilde

We would like to keep in touch with you.

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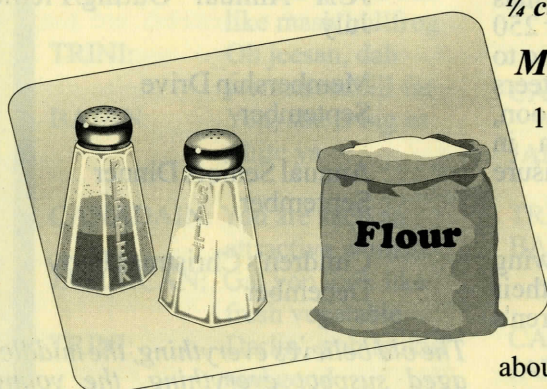
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THE JAMAICAN CANADIAN ASSOCIATION **38** YEARS OF SERVICE and COMMITTMENT



Jamaican Beef Patties Pastry

Submitted by
Claudette Cameron-Stewart



(P.S. Salt in most recipes is always optional)

2 cup Flour, ¼ tsp Salt
¼ cup Solid shortening
¼ cup (½ stick) margarine
1/3 cup Cold water

MEAT FILLING:

2 tbs Margarine
1 Small white onion finely chopped
¼ tsp Chopped Scotch Bonnet
pepper
½ lb Lean ground beef, ½ tsp Salt
½ tsp Freshly groud black pepper
½ tsp Curry powder
½ tsp Dried thyme
¼ cup Breadcrumbs
¼ cup Beef or chicken stock
1 Egg, beaten,
¼ cup Water

Method:

1. Sift the flour and salt into a large Bowl.
2. Cut in the shortening and margarine until crumbly.
3. Add the cold water to make a Stiff dough.
4. Lightly flour a wooden cutting board and roll out the dough until about 1/8 inch thick.

5. Cut out 8 inch circles.
6. Cover with wax paper or damp cloth until ready to use.
7. In a heavy skillet, melt the margarine And saute the onion and Scotch Bonnet Pepper until they become limp.
8. Add the ground beef, salt, pepper, curry powder and thyme and mix well.
9. Brown the meat for about 10 minutes, stirring occasionally.
10. Add the breadcrumbs and stock and combine all the ingredients well.
11. Cover the skillet and simmer for abut 10 to 15 minutes, stirring occasionally.
12. When all the liquids have been absorbed, the filling is ready.
13. It should be moist but not watery.
14. Remove the skillet from the stove and preheat oven to 400° F.
15. Uncover the dough circles and place 2 to 3 tablespoons of filling on half of each.
16. Moisten the edges of the dough with water and fold the dough circle over the meat filling.
17. Pinch the edges closed with a fork.
18. Lightly brush the pastry with a mixture of the egg and water.
19. Bake on a lightly greased baking sheet for 30 to 40 minutes or until the pastry is golden brown.
20. Yield: 10 patties.

UPCOMING EVENTS

EVENT	LOCATION	DATE	TIME
Celebrity "Boonoonoonoos" Brunch & Brawta	JCA Centre	Sun. Feb. 11/01	From 12:30 p.m.
Education Committee Information Technology Session	JCA Centre	Sat. Feb. 17/01	Time (T.B.A)
Quarterly Meeting	JCA Centre	Sun. Feb. 25/01	From 2:00 p.m.
International Women's Day Celebration	JCA Centre	Sun. Mar. 18/01	From 2:00 p.m.
Forum on Community Policing In Conjunction with St. Lawrence Centre	JCA Centre	Wed. Mar. 21/01	7:00 p.m. to 10:00 p.m.
Distress Fund Dance	JCA Centre	Sun. Apr. 07/01	From 8:00 p.m.
Film Presentation/Discussion JCA's Women's Committee	JCA Centre	Sun. Apr. 29/01	From 2:00 p.m.
Annual Walkathon	Starting at JCA Centre	Sun. May 06/01	From 10:00 a.m.
Mother's Day Brunch	JCA Centre	Sun. May 13/01	From 2:00 p.m.
Father's Day Brunch	JCA Centre	Sun. June 17/01	From 2:00 p.m.

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